

SOAR Student Training Progress Week 14- 5 Mile Bench, 10 Mile Hillwork

Student / WK 14	2-Jan	4-Jan	6-Jan	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Long Miles Owed	Weekly Tempo Min / Mile	Weekly Min / Mile	YTD Tempo Min / Mile	YTD Weekly Min / Mile
Akel, Tamara	0:56:50	1:04:10	2:26:30	19.9	173.0	4.5		12:50	13:27	14:00	13:08
Baljet, Christian	1:19:21	1:00:00	1:41:02	22.9	180.0			12:00	10:30	08:41	08:58
Baljet, Micaela	3:14:10	0:53:39	2:09:01	30.9	175.0			10:44	12:12	11:03	11:08
Barba, Ivanna	0:41:54	0:50:21	2:03:21	19.9	148.9			10:04	10:50	11:35	11:17
Carelli, Sophia		1:10:20	2:31:59	15.0	160.6	3.0		14:04	14:49	13:04	12:48
Chang, Lauryn	3:16:10	1:10:20	2:31:54	29.9	172.5			14:04	14:00	13:16	12:05
Delgado, Victor	0:49:56		2:25:33	14.9	178.4	5.0		00:00	13:07	14:13	12:32
Dezell, Sean	3:14:25	0:53:35	2:09:00	32.9	153.9			10:43	11:28	12:30	10:55
Garcia, Jocelyn		0:54:06	1:14:22	10.2	10.2			10:49	12:36	10:49	12:36
Garcia, Sherilyn	INJURED	INJURED	INJURED	0.0	82.6			#VALUE!	#DIV/0!	09:05	09:16
Guerrero, Cheyenne	0:53:37		2:12:45	14.9	177.5			00:00	12:30	10:35	11:16
Hernandez, Yoselin	INJURED	1:10:20	1:15:00	10.2	84.3			14:04	14:15	16:10	14:16
Jain, Aditya	0:46:38		2:05:45	14.9	173.5	5.0		00:00	11:34	10:32	11:06
Johnson, Megan	4:28:15	1:10:20	2:31:57	34.9	171.5	6.5		14:04	14:03	13:13	12:05
Kayne, Ben	0:36:10	0:42:50	1:41:39	19.9	178.0			08:34	09:05	08:44	09:05
Khvalko, Vladyslav	0:59:56	0:42:00		9.5	159.6	20.0	10.0	08:24	10:44	09:07	08:36
Lagunas, Yuliana	0:41:30	0:48:24	1:54:40	19.9	181.5			09:41	10:17	12:14	11:49
Lopez, Jeremy	0:54:33	1:01:30	2:21:15	19.9	171.5	4.5		12:18	12:56	12:53	12:49
Morgan, Deshaun	INJURED	INJURED	INJURED	0.0	182.1			#VALUE!	#DIV/0!	08:01	07:32
Najera, Sophia	0:54:06	0:59:02	2:19:00	19.9	166.1			11:48	12:40	11:23	11:36
Nava, Lizeth	SICK	SICK	SICK	0.0	162.1	19.9	10.0	#VALUE!	#DIV/0!	12:00	11:19
Ramanan, Varun	0:41:40		2:00:25	14.9	166.0	10.0		00:00	10:53	11:05	10:48
Samal, Praneel	1:12:34	0:46:33	1:35:30	23.4	174.5	1.5		09:19	09:10	08:28	08:34
Woldetsadik, Issac	0:53:30	1:00:35	2:26:00	19.9	151.4			12:07	13:04	11:55	12:01
Wynn, Elena	0:56:18	1:10:20	2:32:00	19.9	177.0			14:04	14:00	12:31	12:26

- 1) All SOAR Students MUST have a physical clearance on file!! Students not having a current physical risk suspension after January 19th!
- 2) Next Team Qualifying Event is SOAR's Heartbreak Half Marathon at Ventura Beach Saturday, Jan 20th! 6a Rally at Lowes!
- 3) A reminder to set up your Team Fundraising Page during Holiday Break!!
- 4) All weekly and total mile results highlighted in RED indicate miles owed. YOU are responsible for arranging all makeup miles with a coach! All miles owed must be made up by Thursday, January 18th at coaches discretion to participate in the Heartbreak Half Marathon.
- 5) Check out SOAR-SC.org. Follow us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC
- 6) Keep Training Hard! YOU ARE EXCEPTIONAL!!!! ÷D